

“Becoming an Outdoors-Woman” 2017 – Halloween Theme

“*Becoming an Outdoors-Woman*” is a workshop focused on the learning of outdoor skills. Designed primarily for women, it is an opportunity for anyone 18 years or older, and is for you if you.....

- have never tried these activities, but have hoped for an opportunity to learn.
- are a beginner who hopes to improve your skills.
- know how to do some of these activities, but would like to try your hand at some new ones.
- are seeking the camaraderie of like-minded individuals.

Registration and general information are listed on the registration form. If you need additional information, contact Letha Grimes at 301-791-4736 ext. 103 or by email at letha.grimes@maryland.gov or visit our web site at dnr.maryland.gov/wildlife/Pages/Education/bow.aspx.

**NOTE: I = Indoor Activity, O = Outdoor Activity,
I/O = part indoor, part outdoor activity.**

Workshop Schedule

Friday, October 27, 2017

10:00a.m. – 11:30a.m.	Check in and Registration
11:30a.m. – 12:00p.m.	Welcome and Overview
12:00p.m.	Lunch
1:30p.m. – 5:00p.m.	Session I

SESSION I

A. Hunter Education Certification (20) – I/O

Get your hunter safety certification! You will participate in an interactive lecture covering hunter ethics, basic firearm safety and handling, and tree stand safety. You must pass the written exam, as well as the field exercises, which will include firearms handling and live firing. Upon successful completion you will be issued a Certificate of Competency in Firearms and Hunter Safety which allows you to purchase a hunting license. Upon successful completion, participants may participate in shooting courses. This class will be 4 hours long and will end at 5:30pm. **Participants will need to complete the online hunter safety course and bring the voucher to the workshop.**

B. Basic Firearms Safety and Handling (unlimited) - I

This course will cover the basics of firearms safety, types of firearms and ammunition, and an introduction to selecting and purchasing firearms. Cleaning and safe storage will also be covered. **This course is a prerequisite for anyone who has not had a state-approved hunter education course and who wishes to register for a shooting course.**

C. Beekeeping for Beginners (15) - I

This class will cover beginning backyard beekeeping. Participants will learn about basic honey bee biology, seasonal beekeeping activities, pest problems and diseases and, of course, harvesting honey. This course will provide you with in depth information on the equipment needed to get started, how to use it and what to look for inside the hive. Be sure to stick around for honey tasting! **NO LIVE BEES WILL BE IN ATTENDANCE!**

D. Kayaking (8) - O

This course will focus on the basic techniques and equipment needed to begin kayaking. Participants will be able to kayak on the lake and practice strokes they have learned.

E. Basic Tree Care (12) - O

Learn how to properly plant and prune your trees to promote health and successful growth for years to come. Topics included in the workshop are basic biology; how to select, plant and care for young trees; proper pruning techniques; and maintenance of older trees. Participants will have hands-on experience planting a tree and using hand tools to conduct proper pruning.

F. Fly Tying (6) - I

This class will teach participants basics in the art of fly tying. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to try their hand at tying several of their own flies.

G. Hiking (12) -O

Join this class for a discussion on the elements of preparation for a hike. The instructor will provide tips on getting the most out of your hikes. Length of walk is variable depending on time and trail availability. A portion of this class will be spent hiking camp trails. Proper footwear is recommended.

H. Outdoor Survival Skills (12) – O

Participants will learn the knowledge, skill and attitude that surviving an outdoor emergency requires. This course will deal with the mental approach you need to take for survival, as well as the physical aspects: food, water, shelter and fire building.

I. Preserving the Harvest (12) – I/O

Ever wondered how to preserve fresh fruits and veggies? This class will cover the basics of home canning and preserving. Participants will have the opportunity to can some seasonal produce; learn about basic canning techniques including the use of different types of canners; and learn fermentation, a simple method of food preservation.

J. Growing Up Wild (15)

Learn ways to connect young children to the outdoors with the award-winning Growing Up Wild program. Throughout the session, we'll go over crafts, activities, and ideas on how to make nature fun and engaging for children aged 3-7. All participants will receive a Growing Up Wild guide.

5:00 p.m. – 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:00 p.m. – 7:30 p.m.	Social Time
7:30 p.m. – 9:00 p.m.	Evening program

Saturday, October 28, 2017

7:00 a.m.	Breakfast
8:00 a.m. – 11:30 a.m.	Session II

SESSION II

K. Plant ID (12) – I/O

This course will introduce the fundamentals of plant ID skills, including habitat requirements, basic plant part ID and medicinal uses. Participants will be taken on a nature walk to see local plants and learn about their medicinal edible uses. After the hike, you can relax with a cup of herbal tea made from local plants. Proper footwear is recommended.

L. Gearing Up for Hunting (10) - O

This course will introduce you to the basics of small game, white-tailed deer, and waterfowl hunting. Participants will learn about the different techniques and gear needed for each type of hunting opportunity and how to best prepare for your outdoor hunting adventure.

M. Outdoor Photography (12) – I/O

Want to learn how to take better photos? This course will cover action, wildlife, landscape, and close-up photography techniques. **Bring your own digital camera;** please no disposable cameras. Students should be familiar with their camera and are welcome to bring photographs for the instructor to critique.

N. Tracks ‘n Trails (10) – I/O

Have you ever wondered what or who left that track? This course will teach you how to identify common wildlife by their tracks. You will also learn about their general habits and habitats. Bring a camera, notebook and dress for being outside since we have to go where the tracks are.

O. Basic Fishing (15) - O

This class will introduce participants to basic fishing skills and the types of equipment available, including rods and reels. Students will learn how to rig a fishing rod and tie basic fishing knots. Casting practice and fishing tips will be the focus for the instructional period of the course. The remaining time will be spent fishing. **Participants will need to purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it with them when fishing.**

P. Bird Watching (12) – I/O

Learn how to identify common birds in a variety of habitats. Want to know how to select/use binoculars and other equipment? You'll get hands on experience in the field in this very popular course.

Q. Shotgun Skills (12) - O

Participants will be taught proper stance and gun mount and practice basic shooting techniques on clay targets, with an emphasis on safety and the use of a shotgun for marksmanship and hunting. Firearms and ammunition will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

R. Introduction to Fly Fishing (10) -O

Participants will be taught basic fly fishing terminology and will receive fly casting instruction. You will learn about fish habitat, regulations, and ethics pertaining to fly fishing, as well as how to select and purchase equipment. You will be shown how to attach leaders and flies to lines using a variety of knots, learn to distinguish between wet and dry flies and practice your casting techniques on land.

S. Hiking with your dog. (10) – O

Discover how to make hiking with your dog more enjoyable. We will discuss the necessary equipment to have and what to do before you head out on the trail. Experience different scenarios of what you could encounter and learn first aid basics. Jack (a therapy dog) will be part of the class, however, **participants are ask to leave their dogs at home.**

T. Muzzleloader Skills (10) - O

Muzzleloaders were the first firearm technology and remain a popular weapon among traditional hunters and shooting enthusiasts. This course will introduce participants to many generations of muzzleloader technology from the traditional flintlock to the modern day in-line rifle. An emphasis will be put on safety, loading, shooting and cleaning of various models of muzzleloaders. This will truly be a flash and bang opportunity that you won't want to miss. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

12:00 p.m

Lunch

1:30 p.m. – 5:00 p.m.

Session III

SESSION III

U. Crossbow (10) - O

Course will teach crossbow safety, nomenclature, equipment selection, tree stand safety, shooting skills and handling. Proper apparel and crossbow hunting basics will be demonstrated. Students will also have the opportunity to handle equipment, and shoot bolts/arrows at targets.

V. Let's go Fishing (8) - O

Participation in Basic Fishing is a prerequisite for this course. This course will allow participants to fish on their own for approximately 1 ½ hours. This class is for participants who have completed the BOW Basic Fishing class. Once fishing is over, you will return to the camp with your "catch" and will learn how to handle, clean, and cook your fish. Several different cooking methods will be demonstrated and several different species of fish will be available for tasting. **Participants will need to purchase a Maryland Nontidal Sport Fishing license prior to the workshop and have it in their possession while fishing.**

W. Twig Detective (10) – I/O

Learn how to identify trees using field guides and keys in this fun and engaging course. The instructor will also cover basic tree physiology and growth.

X. Rifle Skills (12) - O

Participants will be introduced to basic rifle handling, safety, nomenclature and marksmanship. Students will participate in a live-firing exercise emphasizing skills and etiquette. .22 caliber rifles, ammunition, and safety equipment will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

Y. Gardening for Pollinators (14) –I/O

Pollinators around the world, and in Maryland, are on the decline. Learn how to create pollinator-friendly habitat in almost any backyard. This workshop will focus on plants and habitat practices that help attract pollinators, as well as ways to identify common pollinators. Participants will also get to build their own mason bee house to attract these tiny, yet important, pollinators.

Z. Advanced Outdoor Photography (10) – I/O

Learn about more advanced photography techniques, beyond the basics. **Bring your own digital camera;** please no disposable cameras. Students should be familiar with their camera and are welcome to bring photographs for the instructor to critique. **Outdoor Photography is a prerequisite for this course (must have taken within the past 5 years).**

AA. Canoeing and Water Safety (14) - O

Participants will be introduced to canoe basics, including paddling, etiquette and safety. You will learn how to get into and out of a canoe safely, what to do if the canoe tips over, and how to manage a swamped canoe. Bow and stern paddling experiences will be part of the practice time on the water.

BB. Outdoor Cooking (12) - O

Participants will learn basic outdoor cooking techniques including using a Dutch oven. Sample delicious creations and get inspired about how good things can taste in the outdoors. Recipes will be provided in this popular course.

CC. Let's Talk Turkey (12) – I/O

This course is a fascinating introduction to the world of the wild turkey which has an interesting history in Maryland. Participants will uncover a few of the secrets of how turkeys manage to outsmart humans so often! Basic turkey hunting techniques, including calling, scouting, equipment needs and safety will be covered.

DD. Map & Compass (12) - O

As a beginner level course, participants will learn how to read topographic maps, use a base-plate compass and how to combine these two tools to find their way in a natural area. Course will also include an introduction to orienteering.

5:00 p.m. – 6:00 p.m.

Free Time

6:00 p.m.

Dinner

7:00 p.m. – 7:30 p.m.

Social Time

7:30 p.m. – 9:00 p.m.

Evening program*

***This year we will be having a Halloween costume contest during the evening program. Wear your costume for a chance to win.**

SESSION IV

Sunday, October 29, 2017

7:00 a.m. Breakfast
8:00 a.m. – 11:30 a.m. Session IV

EE. Journaling (10) – I/O

You won't know how powerful journal writing can be until you try. Beginners and veterans alike can bring new depths of personal understanding and self-acceptance to their journals. What a wonderful way to begin your journey, by experiencing your BOW weekend through the pages of a journal.

FF. Fitness for the Outdoor Woman (15) - O

This class is a trail running/fitness scavenger hunt and will include the basics of running form, safety, gear selection, and injury prevention. During this scavenger hunt, participants will run and complete fitness task along the trail.

GG. Camping Skills (12) - O

Everything you have ever wanted to learn about camping and more! Participants will learn about the latest camping equipment and how to use it. Course will cover camp set up and equipment operation including tents and stoves and the "Leave No Trace" camping ethic.

HH. Archery and Basic Bow Hunting Skills (10) - O

Course will teach bow safety, nomenclature, equipment selection, tree stand safety, shooting skills and handling. Proper apparel and bow hunting basics will be demonstrated. Students will also have the opportunity to handle equipment, try various bows and shoot arrows at targets.

II. Kayaking (8) - O

This is a repeat of Class D in Session I.

JJ. Chainsaw Use (10) – O

Never used a chainsaw before but always wanted to try? Well here's your chance for some hands-on experience. Topics covered include personal protective equipment, chainsaw safety and maintenance, chainsaw reactive forces, pre-planning the fell, safe felling techniques, and chainsaw operation field experience. All equipment provided.

KK. Backpacking (13) - O

This course will prepare participants for an extended trek into the woods or wilderness. Learn about selecting, packing and wearing a backpack; choosing a campsite; selecting food, gear and clothing, staying safe; and the "Leave No Trace" principles of wilderness travel.

LL. Handgun Skills (12) - O

Participants will be introduced to basic handgun handling, safety, nomenclature and marksmanship. Students will participate in a live-firing exercise emphasizing skills and etiquette. Handguns, ammunition, and safety equipment will be provided. **Basic Firearms Safety and Handling course or a state-approved hunter education course is an absolute prerequisite for this course.**

MM. Basket Weaving (10) - I

Check out our class and learn to weave a traditional Appalachian egg basket. This informative class will touch on the use of natural materials and dyes while leaving the participant with a greater appreciation of Appalachia and the traditions that keep it strong.

NN. Backyard Chickens (8) - O

Have you ever thought of owning chickens? Not sure if it is for you? Discover what it takes to raise and care for backyard chickens. Learn about different breeds, housing requirements, and natural remedies to keep them healthy!

12:00 p.m. – 1:30 p.m. Lunch and closing remarks



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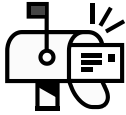
Accommodations for individuals with disabilities will be provided upon request. Seven days noticed is requested.

Larry Hogan
Governor

Boyd K. Rutherford
Lt. Governor

Mark Belton
Secretary





Send completed registration form and payment to:
Maryland BOW Registrar
P.O. Box 3232
LaVale, MD 21504

Sorry no registrations will be accepted by phone, fax, or email
Payment must accompany registration



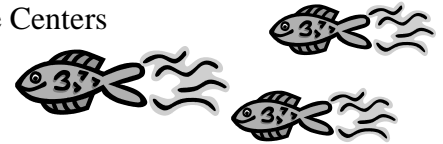
If you plan to take any of the shooting courses, you must include a copy of your:

- MD Dept. of Natural Resources Firearms and Hunter Safety Card or
- National Rifle Association Firearms Safety Certificate, or
- You MUST attend our Course B – Basic Firearms Safety and Handling



To participate in the Basic Fishing and/or “Let’s Go Fishing” courses, you must possess a current Maryland fishing license. MD fishing licenses may be purchased at:

- Maryland Department of Natural Resources Regional Service Centers
- Sport license agents
- By phone at 800-918-2870
- Or online at compass.dnr.maryland.gov/dnrcompassportal
- *A fishing license is not required for the basic Fly Fishing course because there is no actual fishing time.*



To participate in the Hunter Education Certification Course, you must have successfully completed the Online Hunter Education Certification Course prior to the workshop and bring the voucher to the workshop. The online course can be found at hunter-ed.com/maryland. Please note that the online class will take approximately 4-6 hours to complete, not including the exam time.



Special Needs: If you have any dietary restrictions or needs that require special arrangements, please notify the registrar by phone at 301-791-4736 ext. 103 or by email at letha.grimes@maryland.gov and indicate such on the registration form.

Lodging: Western Maryland 4-H center is located in Garrett County near the town of Bittinger. The accommodations are in rustic unheated cabins, where lodging is dormitory style on steel frame beds with mattresses. Evenings can be quite cool, so plan accordingly. You must bring your own pillow, sheets or sleeping bag, towels and toiletries. Showers and toilets are in nearby separate buildings. Cafeteria style meals will be served at designated times. After we receive your registration, a confirmation letter with a listing of the courses in which you have been enrolled, a list of what to bring, health and consent forms and directions will be sent to you.

Photographs: Participants understand that photographs may be taken during the sessions and may be used to promote Maryland Department of Natural Resources programs.

Cancellation Policy: Cancellations on or prior to close of business (COB) (5pm) on September 29 will receive a full refund. Cancellations after COB on September 29 until COB October 6 will receive a full refund minus a \$25 processing fee. Cancellations after COB on October 6 until COB on October 13 will receive a 50% refund. Any cancellations after COB on October 13 are not eligible for a refund. Registrants who do not attend and who do not cancel prior to the workshop are not eligible for a refund. You may send a substitute by notifying the registrar at 301-791-4736 ext. 103 no later than September 29. The substitute **must** take the courses you choose.

Scholarships: Scholarships are available. Recipients are required to pay \$75.00. Please send a letter stating your need, along with the registration form and a check for \$75.00, to the registrar. Deadline for scholarship requests is September 15. You will be notified of the panel’s decision by September 29.